

# Crossfit Western Regionals

May 2 -3, 2009

## Calgary Crossfit HQ

\*Final Place based on total points in the event of a tie the following will be used

-ranking in WOD 4 then

-ranking in WOD 2

Comp #	NAME	Weight (lbs)	FINAL PLACE*	Sca DNF NS	Place Points	Total Points	WOD 1 Rnds In 20 Minutes (Rnds.Reps)	Sca DNF NS	Total WOD Reps	WOD 1 Rank	WOD 1 PTs	WOD 2 (MM:SS.S)	Sca DNF NS	WOD 2 Rank	WOD 2 PTs	WOD 3 (lbs)	Sca DNF NS	Siff	WOD 3 Rank	WOD 3 PTs	WOD 4 (MM:SS.S)	Sca DNF NS	WOD 4 Rank	WOD 4 PTs
11	Joy Nguyen				1	26	7.07		287	2	13	03:44.97		2	13					0				0
12	Lauren Pryor				1	26	7.		280	3	11	03:28.15		1	15					0				0
16	Katy Josephs				3	20	7.08		288	1	15	03:57.03		12	5					0				0
9	Laura MacDonald				4	16	6.1		250	7	7	03:49.69		4	9					0				0
10	Stacey Deering				4	16	6.2		260	4	9	03:50.00		5	7					0				0
3	Kathleen Davis				6	14	6.2		260	4	9	03:54.28		11	5					0				0
13	Heather Bell				6	14	5.06		206	18	3	03:49.00		3	11					0				0
1	Katrina Burton				8	12	6.19		259	6	7	03:53.78		9	5					0				0
4	Angela DesJarlais				8	12	5.22		222	12	5	03:52.25		8	7					0				0
15	Lisa Makofka				8	12	6.1		250	7	7	03:53.81		10	5					0				0
22	Nancy McKeage				8	12	5.25		225	11	5	03:51.91		6	7					0				0
2	Michelle Savard				12	10	6.08		248	9	5	03:58.90		14	5					0				0
7	Kelly Tunison				12	10	5.2		220	13	5	03:57.91		13	5					0				0
17	Linnette Fritzke				12	10	5.11		211	16	5	03:59.75		15	5					0				0
14	Ali Jansen				15	8	5.05		205	19	1	03:51.98		7	7					0				0
18	Julie McBride				15	8	5.2		220	13	5	04:00.78		17	3					0				0
5	Robin Maier				17	6	4.35		195	21	1	03:59.85		16	5					0				0
6	Leah Lopez				17	6	5.31		231	10	5	04:10.62		19	1					0				0
19	Medorann Boucher				17	6	5.16		216	15	5	04:12.72		20	1					0				0
8	Leya Moore				20	4	5.03		203	20	1	04:04.50		18	3					0				0
23	Chantal Theberge				20	4	5.09		209	17	3	04:22.18		23	1					0				0
20	Lori Adams				22	2	4.25		185	22	1	04:30.28		24	1					0				0
21	Tammy Lechmann				22	2	4.18		178	23	1	04:21.00		22	1					0				0
24	Erin Ewasiuk				22	2	4.11		171	24	1	04:14.69		21	1					0				0

